



Does Your Baby Spit up a Lot?

Spitting up is unpleasant, messy, and smelly, but normal for most infants. Some babies spit up more than others, but if your baby is growing normally, probably everything is alright.

Babies most often spit up formula, but it may not be the fault of the formula. Try these tips to help your infant spit up less:

- ✓ Hold the baby upright while feeding. Don't lay down the baby with a bottle.
- ✓ Keep feeding time quiet. Loud noises and interruptions can upset some infants.
- ✓ Feed your baby more frequently, but less at each feeding. Remember a baby's stomach is small.
- ✓ Burp your baby frequently, after every 1 to 2 ounces of formula.
- ✓ Bacteria which upsets an infant's stomach grow quickly in formula. Use powdered formula to make one bottle of formula at a time. Throw out any leftover formula.
- ✓ Help your baby swallow less air. Make sure that the nipple's hole is not too large. Encourage your baby to take 20 to 30 minutes to eat at each feeding.

If these tips don't seem to help, call your WIC clinic or physician.

Remember: some spitting up is normal and will stop as your baby grows!

